

Traditional Beef75

Number of Servings: 75 (180.97 g per serving)

Preparation Time:

Cook Time:

Cook Temperature: 350

Pan Size:

Cook Method:

Amount	Measure	Ingredient
18 3/4	lb	Beef, bottom round roast, lean, raw, 1/8" t
3/4	tsp	Spice, pepper, black, ground
3 3/4	qt	Onion, white, fresh, chpd
3 3/4	Tbs	Spice, garlic, minced, dried
3 3/4	cup	Bouillon/Broth, beef, low sod, cnd
3 3/4	tsp	Herb, thyme, ground
2.00	tsp	Herb, rosemary, dried
1 2/3	cup	Sauce, soy, low sod
2 3/4	lb	Tomato Paste, cnd

Nutrients per serving

Nutrition Facts

Serving Size (181g)

Servings Per Container

Amount Per Serving

Calories 180 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 70mg 23%

Sodium 220mg 9%

Total Carbohydrate 7g 2%

Dietary Fiber 1g 4%

Sugars 3g

Protein 27g

Vitamin A 6% • Vitamin C 10%

Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Instructions

-Dice onions, place on bottom of pan, place beef roast, etc. on top of the onions.

-Spread tomato paste over the roast thoroughly covering top & sides of roast, -Sprinkle pepper on top.

-Mix together all other ingredients and pour over top of tomato paste on roast.

-Roast at 325 degrees until at least 165 degrees and meat is tender.

Serve 3 oz beef/serving with 1/4 cup onion- tomato mixture topping

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

- Single gloves should be used for only one task and then discarded.

Cooking :

- Cook to an internal temperature of 155 F for 5 seconds.

- Microwaved meats should be cooked to an internal temp of 165 F.

Holding :

- Hold for hot service at an internal temp of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hrs and cooled to 41 F within 4-6 hrs.

Storing :

- Store refrigerated left overs at an internal temp of 32 - 36 F.

Reheating :

- Reheat to an internal temperature of 165 F for 15 seconds.